

SueMazrolle@gmail.com

(413) 531-3490

Store Tour

Event Table

Cooking Demo

Support Group

Nutrition Events at Big Y®

Sue Mazrolle is a registered dietitian available in a handful of Big Y locations in Western Massachusetts to provide workshops and supermarket tours to community groups for FREE.

WESTERN MASSACHUSETTS SCHEDULE MARCH 2018

March 6

Gluten-Free Support Group

6:00 - 7:00 PM West Springfield Big Y 503 Memorial Avenue

Come join the only support group meeting from the National Celiac Association in Western Mass for open conversation and sampling of gluten-free snacks.

March 17 Heart-Healthy Eating

10:00 - 11:30 AM West Springfield Big Y 503 Memorial Avenue

Discover current recommendations for hearthealthy eating with tips to apply them to the purchases vou make.

March 19

Cardio Kitchen 101: Fast and Flavorful Fish

6:00 - 7:30 PM West Springfield Big Y 503 Memorial Avenue

Fear Not! Fish is so easy and fast to prepare. Attend this cooking demo to learn quick tips while bringing a recipe or two back home with you.



March 20

Probiotic Power for Digestive Health

11:00 AM - 1:00 PM Springfield Big Y 300 Cooley Street

Come learn the importance of strengthening the healthy bacteria in your body and taste a variety of fermented foods.

March 20

Probiotic Power for Digestive Health

2:00 - 4:00 PM

East Longmeadow Big Y 441 North Main Street

Come learn the importance of strengthening the healthy bacteria in your body and taste a variety of fermented foods.



March 21

Best Tips for Weight Loss Success

5:00 - 6:00 PM Springfield Big Y 300 Cooley Street

Find practical shopping tips and meal planning strategies to help shed pounds without sacrificing foods you love.



March 28

Whole Grains **Tasting**

11:00 AM - 1:00 PM Wilbraham Big Y 2035 Boston Road

There's a world of whole grains out there! Stop by our table to sample flavorful whole grains and learn tips for adding them to your menus.

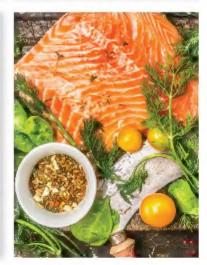
March 29

Living with **Diabetes**

5:30 - 6:30 PM Springfield Big Y 300 Cooley Street

Walk the aisles of Big Y to learn smart shopping choices and meal planning tips for improving blood sugar control.







Visit bigy.com/livingwell/getsocial for a full list of events.

Tours are Open to All Shoppers. Participants will receive recipes, samples and other great giveaways. Please Arrive 10 Minutes Before Event at the Y Café. Time and Date Subject to Change.